

Have a Safe Holiday Season

For many families the holidays are a time of traditions, whether it's attending festive parties, sitting by the fire, eating too much food, and spending time with loved ones. Often times, these traditions can also involve alcohol as a part of the celebration. The Enfield Together Coalition wants to remind parents and adults this holiday season to practice responsible drinking and set guidelines against underage alcohol use.

Holiday Celebration Tips:

- Talk with teens about the increased risks from the holiday season and let them know what you expect. School breaks typically mean lots of free time for youth as well as tons of socializing with friends. These two factors mixed with increased access to alcohol can result in tempting and risky situations.
- At your holiday gatherings offer plenty of nonalcoholic foods, drinks, and activities. Consider making a traditional drink without alcohol, such as cider, eggnog, or punch.
- Model responsible behaviors. It is hard to get the message of moderation across if your own choices around alcohol border on excess.
- Take care of your family and friends by making sure guest who have been drinking do not drive. The risk of auto accidents caused by intoxicated drivers is a risk to everyone, including teens and passengers.

For more information visit: www.enfieldtogether.org